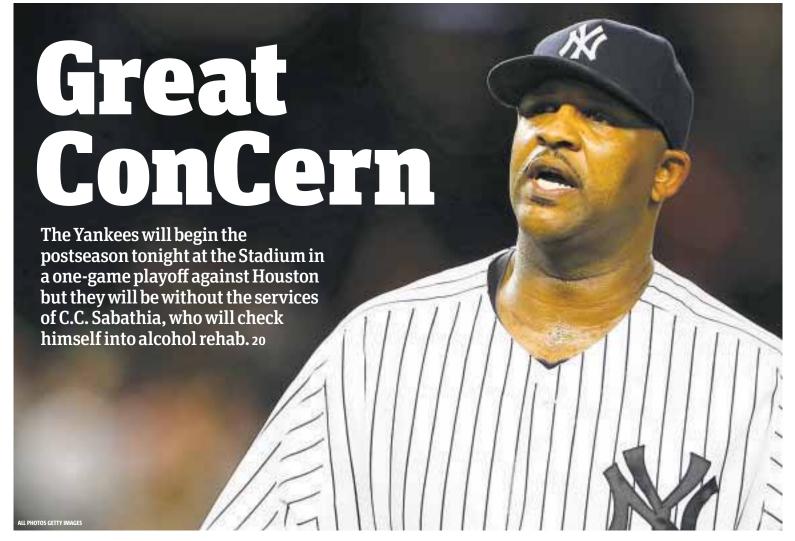


Photo exhibit in Bronx muffler shop. 6-7

Jon Bernthal goes dark with 'Sicario.' 16







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CLINTON'S GUN PLAN

Democratic presidential candidate Hillary Clinton said Monday that if elected she would use the power of her office to curb gun violence if necessary. She called for expanding background checks and making it easier to hold negligent manufacturers and dealers accountable. REUTERS



AMTRAK DERAILMENT

An Amtrak passenger train hit debris from a rockslide and derailed in central Vermont on Monday, sending at least seven people to the hospital. The train, en route from St. Albans, Vermont, to Washington, went off the tracks near Roxbury, about 20 miles south of the state capital, Montpelier. The U.S. national passenger rail service said the derailment of Train 55 was reported to local authorities at 10:30 a.m. Police and emergency crews went to the scene, Vermont State Police spokesman Scott Waterman said. REUTERS

BODY FOUND IN SEARCH

Missing cargo ship El Faro, hit by Hurricane Joaquin, is believed to have sunk off the Bahamas, and one crew member is confirmed dead, the U.S. Coast Guard said Monday. It said the search continued for possible survivors among the 32 other mostly American



Coast Guard Captain Mark Fedora



Tyler Bahnmuller, Will Brennan and Matt Talley take a canoe to investigate their homes following flooding in Columbia, South Carolina. ALL PHOTOS GETTY IMAGES

BP TO PAY \$20 BILLION

BP will pay more than \$20 billion in fines to resolve nearly all claims from its Gulf of Mexico oil spill five years ago, marking the largest corporate settlement of its kind in U.S. history. The agreement, first outlined in July, adds to the \$43.8 billion BP had previously set aside for criminal and civil penalties and cleanup costs. REUTERS



NOBEL PRIZE MEDICINE

Three scientists from Japan, China and Ireland whose discoveries led to the development of drugs against parasitic diseases including malaria and elephantiasis won the Nobel Prize for Medicine. Irish-born William Campbell and Japan's Satoshi Omura won half the prize for discovering avermectin, a derivative of which has been used to treat people with river blindness and lymphatic filariasis, or elephantiasis. China's Tu Youyou was awarded the other half of the prize for discovering artemisinin, a drug that has slashed malaria deaths. REUTERS

DORSEY IS TWITTER CEO

Twitter named Jack Dorsey as its permanent CEO but said it would look elsewhere for a chairman, seeking to allay concerns about its co-founder's dual role as head of the mobile-payments company Square. Dorsey has been running Twitter as interim CEO since Dick Costolo stepped down July 1. REUTERS





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Metro gets a makeover!



Metro's focus has always been how to provide to you, our readers, the best possible experience when you pick up your copy of Metro.

As you turn the pages today, you will notice a cleaner, modern, sophisticated, well-organized look. This design has been a year in the making. We changed the navigation of the paper to make it easier for you to find exactly what you are looking for. Each section is designated with a distinct color that plays off of our iconic green. Starting with the darkest shade and working your way forward in opacity, you'll discover the biggest news items of the day — in your city, in the nation and across the world. Next you'll find the latest happenings in the entertainment world, followed by our special section of the day, and ending your experience is the latest in

Because we know you most often read Metro in the rush of your commute or with a quick cup of coffee, we have dedicated our inside cover to highlights from around the world, so you'll be able to scan the most important news in the blink of an eye.

Earlier this year, we began to print special sections in order to focus on one topic a day, and will continue this popular feature, publishing the latest career and

education stories on Mondays, Wellbeing on Tuesdays, Home and Real Estate on Wednesdays, Going out/Staying in and Travel on Thursdays, and WKND entertainment on Fridays.

The key to great design is simplicity and meaning. By cutting out the clutter and making our pages cleaner and easier to read, our aim is to leave you, our readers, with the best possible experience and our best content. We hope you enjoy!



New NYCHA campaign

The #IAmNextGen campaign wants to put a face to 600,000 employees.



WENDY JOAN BIDDLECOMBE

When Harrison Torres walks around the Patterson Houses at East 143rd Street in the Bronx, he likes what he sees.

"Almost all the buildings are waxed, the steps are done," Torres said admiring one of his favorites, building 314. "It's looking really good here."

Torres, 43, has worked as the supervisor or caretaker at Patterson Houses since June 2014. A few weeks ago, he learned he was the first face of NYCHA's #IAmNextGen campaign, which is working to put a face to the hundreds of thousands of New Yorkers who live in public housing.

Torres is both a NYCHA employee and resident. He has lived in the Johnson Houses in East Harlem since he was 5 years old. Torres said he had aspirations of joining the military growing up, but "got caught up in the fast life, and that went out the window."

"I saw opportunities, you could grow in housing, from the bottom, all the way to the top. So I said, let me try this out,' Torres said.

About five years ago,

Torres joined the Section 3 resident hiring program working construction, then worked as a caretaker for about three-anda-half years before being promoted last year.

He now oversees a staff of 22 people and the 25 buildings that make up Patterson Houses.

Torres now tries to inspire the younger kids hanging around the development, and encourages his co-workers.

"He's enthusiastic about what he does, which makes me enthusiastic about what I do," said coworker Lionel Lomax.

Torres, who has a daughter and a grandchild, said he's not done yet. He wants to keep moving up, to assistant superintendent, and after that, superintendent.

"I see the vision, and as long as the staff sees the vision, we can get there,' Torres said. "I'm five years in, I know some workers who are 25, 30 years in, and I say if I can pass the test, anyone can pass the test. Stay focused, do a good job and you'll be all right.

#IAmNextGen campaign puts a face to the over 600,000 public housing and Section 8 residents, and the over 11,000 employees of the housing authority," NYCHA Deputy Press Secretary Aja Worthy-Davis said "NYCHA is not just buildings, but the individuals, families and workers who invest in improving and leading their communities.



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BRIEF

Rutgers professor found guilty of raping disabled patient

A Rutgers University professor has been found guilty of raping a man with cerebral palsy after claiming the victim, who is unable to speak and wears incontinence pads, gave his consent.

Dr. Anna Stubblefield treated the victim, known as DJ, and claimed to have communicated with him using a controversial technique called "facilitated communication."

"Stubblefield has argued that the technique allows disabled people to type on a keyboard with the help of a facilitator, but the approach has been compared to using a Ouija board and called invalid by the American Psychological Association and the International Society for Augmentative and Alternative Communication." Slate reported.

mmunication." Slate reporton Stubblefield claims that the sexual relationship was consensual and that DJ shared her romantic feelings.

"As I told you on the first day of this trial, it was not a rape or sexual assault," Stubblefield's lawyer reportedly told the court. "Everyone agrees he [DJ] has substantial physical disabilities. ... All evidence shows a mutually loving relationship and they made conscious decisions before going ahead." But the prosecution retorted: "If she loved DJ the way she's professed she did, she would not have acted the way she did. She put a person with cerebral palsy on an exercise mat on a dirty carpet. That's love? The way a person feels about someone they abuse or rape, has nothing to do with it."

Stubblefield faces up to 40 years in prison, The Mirror reported.

MATTHEW LEE



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Exhibit celebrates small businesses in Bronx

The Bronx
Documentary
exhibit is on view
at Vasquez Muffler
until Oct. 18.



WENDY JOAN
BIDDLECOMBE
Wendy.Biddlecombe@metro.us

A new photo exhibit on display in a Bronx muffler shop highlights the small businesses and owners that make up the Jerome Avenue corridor in the South Bronx, and aims to tell their stories as fears of rezoning and gentrification sweep the neighborhood.

"You want to do it where the people are, the people shouldn't have to go to SoHo or Chelsea," said Michael Kamber, a photojournalist who founded the Bronx Documentary Center in 2011. "It's very discussion-based, this is not abstract art that we're putting on the wall, this is about discussions within the community. We're interested in the culture of workers, so we thought, let's do it where

the workers are."

They found the perfect space — a wall long enough to hang 40 photos inside Vasquez Muffler on Jerome Avenue at East 169th Street.

While Kamber said the show is trying to stay "somewhat neutral on the politics," photographers highlight what they fear the Jerome Avenue corridor would lose to rezoning.

"I think the show is more about what is going to happen in the Bronx," said Jesus Emmanuel, one of the Bronx Photo League photographers featured in the 40-photo exhibit that captures scenes in beauty salons, tire shops, 99-cent stores and churches.

"The people I've been interviewing — even the people who are not workers, and are just walking around the street, they don't know what's going to happen. The owners are worried, because they recently invested in the business, they really worry about that. Workers are thinking, 'Oh, I might not have a job, or I need to move somewhere else."







Heriberto Sanchez and Jesus Emmanuel stand in Vasquez Muffler auto shop in the Bronx, where, along with other artists, their Bronx-based photography show is set to open on Saturday night. намман матти, метко

"We're interested in the culture of workers, so we thought, let's do it where the workers are."

The city is studying a 73-block area, which includes the Jerome Avenue corridor, as a potential area for rezoning. A draft of the plan is expected this fall, with a proposal up for public review as early as next summer, according to the NYC Planning website.

"We have not yet even come out with recommendations, we'll be going back and forth for quite a number of months," spokeswoman Rachaele Raynoff said.

'Our mission is to help New Yorkers afford to stay in the city and the neighborhoods they call home," mayor's office spokesman Wiley Norvell said in response to the show. "And as we build more affordable housing and protect the affordable housing that exists in places like Jerome Avenue, we'll work to provide local businesses with the tools and support they need to thrive.'

Ruben Vasquez, who has owned the muffler shop with his brother, Roberto, for the past 23 years, said he thinks the show is nice for the com-

Jerome Avenue **Workers Project**

The Jerome Avenue Workers Project is on view Oct. 3-18, 4 p.m.-7 p.m. Monday-Saturday and 11 a.m.-2p.m. on Sunday at Vasquez Muffler, 1275 Jerome Ave. More information on the show and artists is at Bronxdoc.org.

munity, and is happy his shop is highlighting the Jerome Avenue workers.

"I don't want to move anywhere, I don't know where I would put my shop," Vasquez said. "The neighborhood has changed, it used to be a lot of empty yards. It's good for the neighborhood, but it's not good if people have to move after a lot of years in the neighborhood.

The Bronx Photo League started working on the show in June, meeting subjects and developing the film in the Bronx Documentary Center's darkroom. The photos were shot with Kodak Tri-X negative film with Hasselblad cameras and lenses.

BRIEF

Cops find revolver on homeless, fare-beating teen girl in Bed-Stuy

Police said they took another gun off the street on Sunday after officers searched a farebeater in Brooklyn.

Authorities arrested a 17-year-old girl after they noticed her stroll past the turnstile at the Kingston Avenue and Throop Avenue subway station in Bed-Stuy at around 3:20 p.m.

Plainclothes transit police

patrolling the C train platform noticed the teen beat the fare and approached her.

A police spokesman said the girl was not able to provide them with ID, prompting them to arrest her.

Once they began to search her, however, they found an unloaded revolver in the teen's

The teen was charged for skipping the fare and criminal possession of a weapon. METRO



The aun **PROVIDED**



State AG: K2 shops closed

A Bronx court stopped upstate stores from selling synthetic marijuana to residents across the state, including the Bronx.

State Attorney General Éric Schneiderman petitioned the court to block Surrealistic Sensations in Erie K2 GETTY IMAGES County and Liquid Shop in Rockland County after investigators found the substances feature misleading labels.

The Surrealistic Sensations website describes itself as a shop specializing in "rare exotic medicinal, psychoactive and oneirogenic (dream enhancing) botanicals" that sells products worldwide.

"It is designed to look like a health food product," Schneiderman told reporters. "It is designed to send the message that it's good for you — that it's sort of like an

herbal remedy." Undercover investigations from the state reported the business violated state labeling laws by selling

and promoting dangerous and illegal drugs across the state and the Bronx.

The investigation into the drugs' sales that were offered as "legal highs" comes as the state and New York City wages battle on synthetic marijuana, or K2, being sold throughout the city's bodegas for less than \$10 a packet. CHESTER SORIA

Apartments in NYC increasingly crowded

Advocates, lawmakers blame Albany.



CHESTER SORIA **@chestersoria** chester.soria@metro.us

A report released Monday saying more than 1.4 million New Yorkers live in overcrowded homes surprised few housing observers.

The study by New York City Comptroller Scott Stringer found 272,533 homes across the five boroughs were overcrowded by 2013, increasing almost

16 percent since 2005. "It's not surprising, but it is tragic," said Ava Farkas, executive director of advocacy group the Metropolitan Council on Housing.

"There's a real crisis of affordability, and that's



Scott Stringer GETTY IMAGES

what the report indi-cates," Farkas told Metro. "People are living in overcrowded apartments because they can't afford the rent."

Overall, most of the overcrowded homes about 92 percent — were homes with family relationships, not roommates.

Almost a quarter of crowded homes reported earning less than \$22,000 a year per household.

Geographically, report saw the est jump in crowded dwellings in Brooklyn, with the proportion of crowded apartments and homes increasing 28 per-

Every other borough saw its own increase in crowded homes of between 10 to 12 percent, Staten Island, except where homes got less crowded by 8.6 percent.

Brooklyn City Councilman Jumaane Williams, who chairs the council's housing and buildings committee, said the report repeats what many already know.

"We continue to see the pressure that housing takes in New York City, Williams said. "It's been like that since I was a tenant organizer. It mirrors

"People are living in overcrowded apartments because they can't afford the rent." Farkas

what we saw then but even worse.'

Williams added that City Hall's focus on creating affordable housing was certainly one part of a larger, long-term solution to keep New York City affordable for those who feel forced to move into apartments with loved

"We have to continue to work on improving rent regulation," Williams said. "If we can't address that, we might as well be pouring water in a bucket with a hole in it.'



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BRIEF

Second body pulled from site of Brooklyn explosion

A second body has been pulled from the site of Saturday's deadly building explosion in Borough Park and could be a tenant who remains missing, officials said.

The unidentified body was taken from the rubble Monday

FATAIITIES

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Puello, 64, who lived on the third floor of the building on 13th Avenue near 42nd Street, was discovered Saturday.

But another person, 46-yearold Franchezka Figueroa, has remained missing, according to media reports.

She was reportedly moving out of her apartment after she was said to have been evicted earlier in the week.

Investigators believe the explosion was caused by a gas leak after residents on the second floor moved out and took a gas stove they had installed.

CRISTABELLE TUMOLA CHESTER SORIA



A view of Manhattan from the Brooklyn Bridge at dusk. FLICKR VIS

Tolls on E. River bridges unlikely

The mayor said Albany likely won't approve tolls on East River bridges.



Despite support from the city's leading lawmaker transportation issues, Mayor Bill de Blasio doesn't think Albany is willing to enact tolls on East River bridges.

"I've said it's something that is worth looking at," de Blasio told reporters Monday, "but, as you've heard, right now in Albany there's no appetite for it.

Earlier in the day, City Councilman Ydanis Rodriguez of Manhattan endorsed a proposal to tax travel on the Koch Queensboro, Brooklyn, Manhattan and Williamsburg bridges as a means to drive down air pollution and offset ballooning transit expenses.

"There is no longer a question of should we pass this plan, but when," said Rodriguez, who chairs the council's transportation

The plan, proposed earlier this year by Move New York, suggests imposing a \$5.54 EZ Pass toll in both directions on the four bridges and, according to the group, bring in some \$1.5 billion in revenue a year between tolls and a handful of other reforms.

Existing tolls on city bridges, including the Verrazano-Narrows Bridge. would be reduced.

The city and state could use extra cash to fill in a growing budget gap at the MTA, which must come up with \$9.8 billion to pay for its five-year, \$32 billion capital plan for maintenance and new projects.

The MTA continues to push New York City to increase its commitment to the budget, while City Hall argues it needs stronger commitments that any new money from the city would go toward city projects.

If the City Council stands behind Rodriguez, the move would be largely symbolic, as the final decision to toll bridges would lie with the state legisla-

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Pilot falls ill, dies on **American flight from Phoenix to Boston**

The flight later continued with a replacement crew and landed in Boston in the early afternoon.

A pilot fell ill and died on an American Airlines flight headed to Boston from Phoenix on Monday, and the copilot landed the plane safely in Syracuse, airline and police officials said.

Airbus The which had left Phoenix with 148 passengers and five crew members, touched down at Syracuse Hancock International Airport shortly after 7 a.m. EDT, said spokeswoman Brianna Jackson.



"Medical emergency. Captain is incapacitated," the copilot told air traffic controllers in a calm voice, according to a recording posted on LiveATC.net.

Asking for directions to an airport gate that could be quickly accessed by emergency medical personnel, he said, "We'll need them to get to the captain."

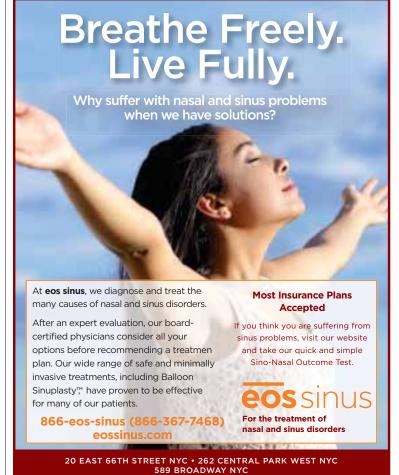
The 57-year-old pi-

lot from Utah was pronounced dead on board the plane a few minutes after it landed, Syracuse Police Lieutenant Eric Carr said.

Jackson said Flight 550 left Phoenix Sky Harbor International shortly before midnight Sunday, but was divert-

ed "due to pilot illness." "Unfortunately, our pilot passed away," Jackson said.

Both Carr and Jackson declined to comment further, including whether the pilot died in the air or on the ground, the nature of the illness and any further identification of the pilot or copilot. The Onondaga County, New York, medical examiner's office referred all questions to the police. REUTERS



833 NORTHERN BLVD GREAT NECK



merican Medical Systems, Inc. has sponsored funding for this patient seminar and accompanying educational material.

Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals, Revised November 2011.

Penile prosthesis. http://www.essm.org/society/esha/malesd/oraltreatments/penileprosthesis.html.
 European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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Google in talks to invest in Symphony: source

Google, which has now morphed into holding company Alphabet Inc., is in talks with messaging startup Symphony Communication Services LLC for a round of fundraising, a person familiar with the matter told Reuters.

Symphony's chat service allows financial firms, corporate customers and individuals to put all of their digital communications on a centralized platform.

The talks are ongoing and no terms are finalized yet, the source added.

The Wall Street Journal, citing people familiar with the matter, reported earlier Monday that Google invested in a new round of funding for Symphony that values the company at about \$650 million.

The service is backed by Goldman Sachs Group



Inc. and other big Wall Street banks.

Goldman led a group of 14 banks including Bank of America Corp., Citigroup Inc. and JPMorgan Chase & Co. in making a \$66 million investment in Symphony last October, when Symphony was set up. Symphony did not respond to requests for comment.

Many on Wall Street think of Symphony as a rival to Bloomberg LP and Thomson Reuters Corp., which provide messaging and information services for bankers, traders and investors.

Those terminals can cost tens of thousands of dollars a year per customer.

Symphony is available to businesses with more than 50 users for \$15 a user per month. Smaller businesses and individuals can use the tool free.

Last month, Symphony said it is working with News Corp.'s Dow Jones to offer news stories in its service and with McGraw-Hill Financial Inc. to integrate data and analytics from its S&P Capital IQ product.

BRIEF

American Apparel files for bankruptcy, operations will continue American Apparel Inc., known

as much for its sexually charged advertising and controversial founder as for its fashion offerings, filed for Chapter 11 bankruptcy protection Monday.

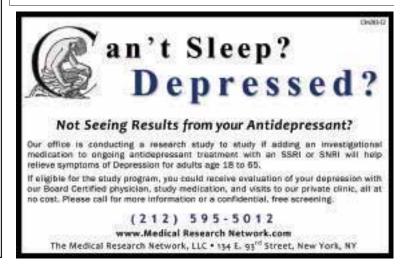
The Los Angeles-based company, which has not made a profit since 2009, joins a growing number of U.S. retailers selling to teens and young adults that have been unable to adjust to changing spending patterns and intensifying



American Apparel store GETTY IMAGES

American Apparel, one of the only retailers still making its clothing in the United States, said its stores and manufacturing operations would continue to operate normally under a restructuring deal reached with most secured lenders. "If it can continue to operate through the upcoming holiday

season and generate increased holiday revenue, it just might emerge from bankruptcy," Jerry Reisman, bankruptcy attorney at Reisman Peirez Reisman & Capobianco LLP, said in an email. However, he also said the company needed new creative direction and substantial additional financing. The big loser will be founder Dov Charney, who was fired as CEO in December for alleged misconduct, including misusing company funds and failing to stop a subordinate from creating blog posts that defamed former employees. REUTERS



Tom Cruise skips daughter's wedding

Now, before you freak out and start worrying that little Suri is all growed up and getting hitched, remember that Tom Cruise has another daughter Isabella Cruise, his adopted daughter with ex-wife Nicole Kidman. And Isabella reportedly got hitched in a very small, very private ceremony in London last month to British IT consultant Max Parker, according to Woman's Day. How small and private, you might ask? So small and private that dad Tom and brother Connor were not in attendance. Yikes. It's unclear why the father of the bride sat this one out, but sources speculate it's to do with Isabella's

disdain for public attention and concern over the buzz Tom's presence would attract. Also, the groom is apparently not a member of the Church of Scientology and has reportedly never met Tom. The mother of the bride, meanwhile, is said to be "overjoyed" by the nuptials, despite the fact that there are apparently no photos of her at the event either.

Maybe she wore a fancy disguise.



NED EHRBAR ned.ehrbar@metro.us Johnny Depp's daughter is making him nervous



Speaking of movie stars and their daughters more and it's a trend! — "Pirates of the Caribbean" star and five-time Private Islands Monthly cover model Johnny Depp admits he is nervous about 16-year-old daughter Lily-Rose's sudden rise to fame, between

her modeling work and becoming a young muse for director Kevin Smith. "To be honest, I'm quite worried. I wasn't expecting all this to happen to Lily-Rose, especially not at this age," Depp tells Germany's Gala magazine. "But it's her passion and she's having fun. She knows I'm always there for her.' I wonder if she turns to him for giant obnoxious hat advice.



@bobsaget Rise and shine! Wait a minute, I'm not a farmer- I'm going back to bed, I just got up to pee. Have a great morning.



@KChenoweth My mind says go to the gym but my heart says food.



@evanrachelwood I ate..way too much cereal. Like it should be illegal to consume that much chex in a day.



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@JohnMayer This Miley album is amazing. You can't try to make something like this. You just tap the vein and don't question a single



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Just another zombie trying to have it all

Rose McIver says her "iZombie" character is still trying to balance her zombie life with her more human life.



LISA WEIDENFELD @LisaWeidenfeld lisa.weidenfeld@metro.u

Liv Moore is just your average young professional, trying to balance family, work and romance in the big city. Well, average in the sense that she's also a zombie who can solve crimes by gaining the memories and skills of murder victims whose brains she dines on. But that's just the world of "iZombie," which begins its second season tonight. Last season saw Liv (Rose McIver) getting ever closer to the mystery of how she became a zombie - it seems to involve a bad batch of a party drug getting mixed with an energy drink called Max Rager. Despite that, she struggled with how and to whom to disclose her condition, and butted heads with fellow zombie Blaine (David Anders of "Alias") whose zombie instincts were a little less altruistic than Liv's. Here's what McIver has to say about where Season 2 is going.

Where do things stand in Season 2?

In some ways, she's in a similar predicament to the start of Season 1. Liv, through no means of her own, has managed to isolate herself and push away the people that she loves, and so she's pretty alone. The great thing is, starting with Season 2, she



already has the companionship of [colleague and zombie cure researcher] Ravi. And almost like a therapist or something, he's able to kind of talk her off the ledge with things that would almost ruin anybody.

Does she feel any ambivalence about the idea of a cure?

Absolutely. That's actually something that's very much discussed. But I think it's tough because it's given her a newfound purpose, and it's wonderful that she's able to contribute to society in a fantastic way, but it still means that she can't

have kids. It means that she seemingly cannot be with the love of her life. It means that she gets these traumatic visions all of the time. It's a sense of obligation in many ways as well, and she's always been an altruistic person.

What personas and skills will Liv take on this season?

In the first episode, I'm a grumpy old man, so I don't get any skills, but I get a lot of Archie Bunker-style opinions. In the second episode, I get a frat boy's brain. You should have seen me and the four boys on set — they were just loving it. They were

in their element. They were like, "Ah, this all makes sense." The third episode is a Real Housewife, and that's really fun because we get a bit of a physical transformation there too, which is the first time Liv's done that. Then the fourth episode is a country music singer, so I get to pick up the guitar, and we have a lot of fun with that one.



Surprising bedfellows

Last season, Liv dated a fellow zombie. Will we see her bond with any other zombies this year?

In some ways, this season, because there's a supervillain in Max Rager and what's going on there, she ends up having to team up with the person she would never want . to — that's Blaine. And obviously he killed her boyfriend. It's a difficult hurdle to overcome as friends, and I don't think friends is in the cards at the moment, but she definitely is aware that for the greater good of mankind and zombiekind, they need to work together. So you see some really interesting interactions between those two and kind of a sense of two zombies chatting about things and having companionship in each other in some ways. It's a very fraught and tense friendship, but it's an interesting one.

Last season, Blaine got one of the two existing doses of the zombie cure. How's he adjusting to his new life?

Blaine makes situations work for him. He's an opportunist. He's not struggling as much as anyone else would, given what he's gone through. There's pros and cons for him, but we see definitely some of the pros very early on.

Someone who's that adaptable is also good as an ally, right?

Yeah! Although I wouldn't trust him as far as I can kick



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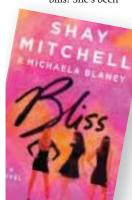
Shay Mitchell completely gets your quarterlife crisis

"Pretty Little Liars" star Shay Mitchell and her best friend, vlogger Michaela Blaney, tackle the complications of 20-something life in their new novel, "Bliss."



EMILY LAURENCE @EmLaurence emily.laurence@metro.us

Before Shay Mitchell got her big break on "Pretty Little Liars," she was a bottle-service girl in Toronto, booking parts when she could. Working a soulless job just to pay the bills? She's been



there. Friend drama? She's had her share of that, too. Devastating heartbreak? Definitely.

Art imitating life

All the ups and downs helped inspire Mitchell's new novel, "Bliss" (out today), which she wrote with her best friend, vlogger Michaela Blaney.

"Michaela and I got together and were just talking about the past and all the crazy experiences that made us who we are today," Mitchell tells us. "We started jotting down ideas and thought, 'We could write a book about this.' So that's kind of what we did."

Similar to Lauren Conrad's "L.A. Candy" series,

Mitchell says much of what happens in the plot of the book actually happened to them — they just heightened the drama. One character represents Mitchell, one represents Blaney and a third character is a composite of people they

Keeping it real

At its crux, "Bliss" is about friendship more than any-

thing else — and it isn't always pretty. "Friendships go through ups and downs just like a romantic relationship does," Mitchell says. "Michaela and I have certainly had our fair share of ups and downs. We had our fair share of ups and downs writing this book!"

Her goal wasn't to make characters people liked. Instead, she wanted to make them real, showing both their good and bad sides. "None of these girls are bad girls," Mitchell says of the characters. "They're just trying to find their 'bliss' while living in their 20s"

Writing it herself

While filming keeps Mitchell plenty busy, she says she has a lot of downtime on set, which is when she would write. But the book is about to become her full-time job: She's heading out on a nationwide tour to promote it.

Can't get to a signing? Mitchell is giving fans another way to connect with her. Next week, she and Blaney will host a YouTube book party, chatting with fans worldwide. Gabbing with Mitchell? Sounds like "blies"





Jon Bernthal wants the best

The "Sicario" actor remembers the time Benicio Del Toro shoved his finger in his ear.



More than most actors, Jon Bernthal is effusive about those he works with - the filmmakers, his fellow performers, the cinematographers. The "Walking Dead" and "Wolf of Wall Street" actor is especially fulsome about "Sicario." He only has a small role, playing Ted, a man Emily Blunt's federal agent picks up in a bar — only to find out, in a nail-biting scene, he has a horrible secret. But that's fine with him; he just wanted to work with

This is a small role. Was it just the chance to work with these actors and "Prisoners" director Denis Villeneuve?

It's one of those things where you get to work with an established filmmaker. You don't have to worry about things. Some of the films I've done, [the director is still on his way up or doesn't know that much. You have to concern yourself with these issues how they're setting



Jon Bernthal, center, gets two of the best scenes in the drug war thriller "Sicario," with Emily Blunt, Josh Brolin and

up the shot, how they're going to use the light, who else is in the shot. To work with guys like this, you turn all that off and just go in and do your job. It's so much more satisfying, and there's more opportunities to do something far more

Can you talk about Emily Blunt? Your big scene with her is just the two of you. That must require so

much trust.

Not only did Denis create a relaxed atmosphere to work in, Emily was so unbelievably cool and professional. The mark of all the great actors I work with — DiCaprio was this way, Brad Pitt [in "Fury"] was this way, Benicio [Del Torol was this way - they know this is only going to work if they put everyone around them at ease. To go in and meet somebody

and all of a sudden you're having sex, and all of a sudden you're in a fight scene — if [Blunt] had come in with her nose in the air and acted the star of the movie who was too cool for school, those scenes would have been very different and difficult. We never would have been able to accomplish what hopefully we did. She came in just as excited to be a part of the scene as I was and was really collaborative. You've got to shed the bulls—if you want to work. This was a no-nonsense, no-bullsset, and that starts from the top.

The finger scene

You also get a big scene with Benicio Del Toro and Josh Brolin, which includes Del Toro torturing you by shoving his finger deep inside your ear. How did that come about?

I'm a real believer in going as far as you can, sometimes to a fault. I want to be that kind of actor. Benicio is definitely that kind of actor. That take was the only time we did that. We decided to change it up. Denis challenged us to do something different, and Benicio's answer was to put his finger in my ear. was so excited that was the take they used. It was unscripted, no one talked about it, and it came out of the moment we

> That shows what an exciting actor he is. I only worked with him one day, but he's definitely the kind of actor who will surprise you. You have to

created together.

your toes. That's the kind of actor I want to

on

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Aries Your charisma and ability to put others at ease will result in greater popularity. Host an informal gathering that will allow you to show off.



Taurus Let others speak their mind in order to discover information. Sit back and observe. If you try to control the conversation, you will learn very little.



Gemini Your friends and family want the best for you. Ask for help if you need it, and make use of any connections or contacts that others can offer.



Cancer Be the catalyst that puts everything in motion. Stay informed and involved, and keep networking whenever possible.



Leo Romance should be scheduled. Plan a special getaway with someone you love. If you are single, now is your chance to meet someone.



Virgo Something is happening behind the scenes that will affect your reputation. Make discreet inquiries in order to get the lowdown.



Libra Don't count on others to do the work. Initiate plans, make decisions and become a leader. It's your sharp intellect that will carry you forward.



Scorpio Expect to face resistance if you are outspoken. You will get a fresh perspective from an unlikely source. Listen and learn about what others are up to.



Sagittarius In order to spice things up, you should add some excitement to your routine. You can connect with inspirational people through travel.



Capricorn Don't get mired down with financial or legal documents. If you are having trouble concentrating, take a



Aquarius Step outside your comfort zone. Love and romance are highlighted, and an encounter with someone unconventional will make a difference



Pisces If you feel unfulfilled or unappreciated in the workplace, make a change. Furthering your education will lead to a new start. EUGENIA LAST

metro.us/sudoku

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1		6	8		4	3	
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8	1		5	2		6	

Across

- 1 Coffee option 6 Lake near Reno
- 11 Startled cries 14 In unison (2 wds.)
- 15 Mountaineer's aid
- (2 wds.)
- 16 Butter serving
- 17 More empty
- 18 Long shot (2 wds.) 20 Polite word
- 21 Kind of hog
- 23 Speak publicly
- 24 The same
- 26 Very thirsty
- 28 Ski slope bumps
- 30 Fe Trail 31 One-celled plants
- 32 Is priced at
- 33 PC monitor
- 36 Green Hornet's alter ego
- 37 Outraged
- 38 Costa -
- 39 Amorous murmur
- 40 Jeweler's lens
- 41 Lab slide dye
- 42 Wraps tightly 43 Ho-hum feelings
- 44 Goalie's job
- 47 Gorby's missus
- 48 Habituate
- 49 Mugger
- 50 Thai neighbor
- 53 Steel toughener
- 56 Marlins' city
- 58 British inc.

- 59 Reach (2 wds.)
- 60 Amigo's farewell 61 Proposal response
- 62 Turn inside out 63 — Hawkins Day

Down

- 1 Applies makeup 2 Morales of "La Bamba'
- 3 "Antiope" painter 4 "Wheel of Fortune"
- buy (2 wds.) 5 Umbrella tip
- 6 Kind of wave
- 7 Police sch.
- 8 Any ship
- 9 Symbol of might 10 Urges strongly
- 11 Talk-show name
- 12 Squander
- 13 Charger
- 19 Shamu or Willy
- 22 W. Hemisphere
- alliance
- 25 Dorm view
- 26 Tomato product
- 27 up (pay)
- 28 Cleopatra's wooer
- 29 Ersatz butter
- 30 Bath cakes

32 Vulgar

wds.)

34 602, to Caesar 35 Lies on the beach 37 Charged particles

33 Graph or picture (2

- 38 Guidry and Howard
- 40 Family tree 41 Mysteries 42 "Titanic" menace
- 43 de cologne 44 Vaquely
- 45 Related to mom 46 Backs financially
- 52 Belgian river 54 Reno loc. 55 Yves' summer

47 Scarlett's man

49 Autocrat of yore

51 Pierre's "Mine!"

57 Boise's st.

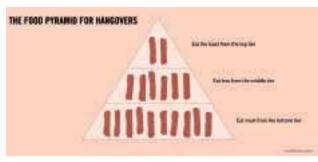
For crossword answers, go to **metro.us/crossword-answers**



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The future of breast cancer

Mount Sinai's Dr. Elisa Port makes sense of the hot topics in breast cancer today.



EVA KIS @thisiskis

It didn't take the arrival of **Breast Cancer Awareness** Month to put a spotlight on the disease this year. Just don't give Angelina Jolie all the credit for increasing the focus.

The trend of preventive mastectomies is often said to have begun when the actress chose to have her breasts removed in 2013 when genetic testing revealed she carries the BRCA1 gene, which is known to significantly raise a woman's risk of developing breast and ovarian cancer.

But the real driver of trends in treatment is in progress in the medical field, says Dr. Elisa Port, chief of breast surgery at Mount Sinai Hospital. The rise in women opting to undergo mastectomies coincides with advances in surgery creating more natural-looking results than before.

Port highlights this and more advances in "The New Generation Breast Cancer Book," published last month. She gave us an overview of what's making headlines in her field.

Preserving fertility

One piece of good news this year came for women whose tumors are found to be estrogen positive, in which receptors in the tumor could receive growth signals from the hormone. "We learned that a certain medication, Tamoxifen, can be taken for 10 years instead of five years, and for some women with high-risk breast cancer it can really further reduce their risk of breast cancer coming back," says Port.

The downside, however, is the drug significantly

raises the risk of birth defects, so knowing the options before starting treatment is crucial. Port recommends that pre-menopausal patients who are interested in discussing fertility preservation seek out a multidisciplinary breast cancer treatment center to discuss their options with a specialist.

Mammograms

Port dismissed the controversial recommendation by the U.S. Preventive Services Task Force that women should wait until age 50 to start getting

on a DNA analysis goes beyond the BRCA gene. "That gene only accounts

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small number [of cases], and I think that's a huge misconception," says Port. Other genes, such as CHEK2 and p53, can also raise a woman's risk. "By and large, the rest of breast cancers that women get are not related to the BRCA gene, and have no known risk factor other than family history or hormone replacement therapy that they're individually responsible for.

can be tough for patients to hear there's nothing they did, but there's also nothing they could have done. Maintaining a healthy weight and drinking in moderation reduces the risk, but beyond that, breast cancer is not a lifestyle disease. "Whatever emotions women are having related to a diagnosis of breast cancer, i.e., fear, etc., guilt shouldn't be one of them," says Port.

wellbeing

mammograms. "Most of us who do this every for day for a living and who believe that mammograms save lives are still very much supportive of continuing [annual] mammograms in the 40to 50-year-old age group,' she says. Mammograms are also more accurate than ever because of 3-D technology, though it's not yet available in all radiology labs. Genetic testing Basing cancer decisions



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archcare.org

See Viola's story at archcare.org/viola



the second-worst odds to win the World Series according to Westgate Las Vegas Superbook at 14-1. The Rombos The Bombers will need to beat the Astros (16-1) in the beat the Astros (16-1) in the Wild Card game Tuesday and then the team with the second-best odds, the Royals (4-1) in the ALDS.

If New York makes it to the ALCS they would face either the favored Blue Jays (7-2) or Rangers (8-1).

In the National League, the Dodgers are favored at 5-1 with the Mets close behind at 5-1.

5-1 with the shind at 5-1.
The Cardinals (7-1), Lubs (12-1) and Pirates (also 12-1) round out Octobardball combatants.



Who would have thought, a year ago, that Alex Rodriguez would return to lead the Yankees in home runs — and play (arguably) like the team's MVP? ALL PHOTOS GETTY IMAGES

Yankees face Astros in sudden-death Wild Card

New York's 162game season will come down to just one game as they will fight for a berth into the ALDS Tuesday in the Bronx.



The MLB season is a notoriously long 162 games, but on Tuesday night the Yankees' season could end after just one playoff game when the Houston Astros visit the Bronx to play the Yankees in a winner-takeall wild card game for the right to face the Kansas City Royals in the ALDS.

Both teams have their ace going for this crucial contest; Dallas Keuchel (20-8, 2.48) starts for the Astros while Masahiro Tanaka (12-7, 3.51) represents the Bombers. After rising to prominence on a bad team last year (12-9

with a 2.93 ERA while Houston finished 70-92), Keuchel logged a Cy Young-worthy campaign this season, pitching 232 innings, striking out 216 batters and recording a WHIP just over 1.000, all personal bests.

The Yankees saw just how good Keuchel was when they faced him twice this year and failed to plate a run against him in 16 total innings, including a complete-game shutout on June 25. In those two starts, the lefty surrendered just nine hits, one walk and struck out an astonishing 21 batters. Yankees with experience against Keuchel outside of this season include Carlos Beltran (four hits with one homer in nine ABs) and Chase Headley (three hits with a homer in 13 ABs). Alex Rodriguez, infamous for his playoff struggles, is 1 for 7 with four strikeouts against the southpaw. The Bombers hope

that Keuchel will be less than 100 percent on Tuesday as he makes a start on three days' rest for the first time.

Tanaka followed an electrifying rookie season with a solid but not exceptional 2015. Tanaka regressed in nearly every statistical category, including ERA (2.77 in 2014 to 3.51 this year) and K/9inn (9.3 to 8.1). Tanaka's only start against Houston came on June 27 of this season, and he was shelled for six runs on seven hits, including three home runs, in five innings. The Astros responsible for some of the damage include Carlos Correa, the phenom shortstop who hit .279 with 22 homers in just 99 games, and AL hits leader Jose Altuve. George Springer, who has been on fire since returning last month after missing 53 games due to an injured wrist, singled and recorded two walks

Full MLB playoff schedule, more coverage on metro.us

in that game that the Yankees won 9-6 thanks largely to a terrible start by Brett Oberholtzer, who lasted less than two innings.

That 9-6 contest offers a decent idea of what to expect on Tuesday in the hitter-friendly confines of Yankee Stadium; the Bombers were second in runs scored and fourth in home runs this season. while the Astros were sixth in runs scored and second in homers.

Having the lead after seven innings will be vital if the Yankees want to win, otherwise they'll have to deal with the

better part of the Astros' sixth-ranked bullpen. Pat Neshek, who the Bombers are hitting just .194 against in 31 total ABs, will likely pitch the eighth inning before closer Luke Gregerson (31 saves in 2015) takes the mound in the ninth. However, should the Yankees have the lead after seven frames, the Astros will have their work cut out for them against the formidable duo of Dellin Betances (29 holds, 9 saves) and Andrew Miller (36 saves), both of whom have K/9inn ratios of over 14.00. That spells doom for a club that struck out 1.392 times. the second-

Prediction: Yankees 4, Astros 3

worst mark

this season.

in the majors

MLB NEWS

Sabathia to miss 2015 MLB playoffs, will check into alcohol rehab

The Yankees will be without star pitcher C.C. Sabathia for the 2015 MLB playoffs as the hurler announced Monday afternoon that he is checking himself into alcohol rehab.

'Today I am checking myself into an alcohol rehabilitation center to receive the professional care and assistance needed to treat my disease," Sabathia said in a statement. "I love baseball and I love my teammate like brothers and I am also fully aware that I am leaving at a time when we should all be coming together for one last push toward the World Series."

The Yankees have a onegame wild card playoff against the Houston Astros Tuesday (8 p.m., ESPN) at Yankee Stadium.

"It hurts me deeply to do this now, but I owe it to myself and to my family to get myself right," Sabathia said. "I want to take control of my disease and I want to be a better man, father and player.

"As difficult as this decision is to share publicly, I don't want to run and hide," he said. "But for now please respect my family's need for privacy as we work through this challenge together."

Masahiro Tanaka is scheduled to get the start for the Yankees Tuesday night, but Sabathia would certainly have been used out of the bullpen in a tight game. MATT BURKE

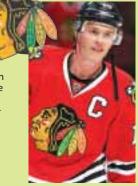


NHL power rankings | by Rich Slate

No. 1

Blackhawks (48-28-6)

The Blackhawks won their third Stanley Cup in the past six years in June and they return most of their championship roster. Brandon Saad is gone but they added center Artem Anisimov from Columbus and defenseman Trevor Daley from Dallas.



No. 2

Lightning (50-24-8)

This placement stems from more than the fact that the Lightning battled Chicago for six tight games before falling in the Cup Final. This is a loaded young team. Tyler Johnson was Tampa Bay's breakout star in last year's postseason.

No. 3

Rangers (53-22-7)

Everything lined up right for the Rangers to

return to the Cup Final last season but they fell at home to the Lightning in Game 7 of the East Final. New York didn't change much to its roster, but that's a good thing.

No. 4

Ducks (51-24-7)

The Ducks were the top regular seasos team in the West last season but fell in a Game 7 in the conference final. Anaheim still boasts perhaps the most dangerous center-winger combo in the league in Ryan Getzlaf and Corey Perry.

No. 5

Habs (50-22-10)

In the spring, the Habs looked poised to end Canada's long Cup drought (22 years and counting) but they meekly fizzled against Tampa Bay. Still, this is a very strong team led by by goaltender Carey Price, who won his first Vezina last season.

(45-26-11)

No. 6

The Caps definitely improved under Barry Trotz but they fell in the playoffs to the Rangers in a seven game second round series. Goaltender Braden Holtby became a star in 2014-15 and Alex Ovechkin continues to be a force of nature. Niklas Backstrom's health is a major concern, however.

Capitals

Predators (47-25-10)

There is a lot to like about the Predators and they are probably better than their first round exit in the playoffs would indicate since they ran into the buzzsaw Blackhawks. Nashville is strong at every position this year.

No. 8

Wild (46-28-8)

Speaking of teams that got steam-rolled by Chicago, the Wild got swept in the second round. Goaltender Devan Dubnyk literally came out of nowhere to lead the Wild to a playoff berth. Can he be that

guy for a full season?

No. 9

Blues (51-24-7)

It was the same old story for the Blues (insert lame music joke here) last season as they were great in the regular season but folded in the playoffs. This is an outstanding roster, other than the key hole at the goaltender position (sorry Jake Allen and Brian Elliott).

Islanders (47-28-7)

Hipsters beware, hockey is coming to Brooklyn. The Isles have a team worthy of their new home and deep down, I'm sure their players are happy to get out of dumpy Nassau Coliseum. Center John Tavares is only 25 but is already a top 10 player.

No. 11

Kings (40-27-15)

The 2014 champs missed out on the playoffs last season but don't bet on that becoming a habit in LA. An extended summer break for goaltender Jonathan Quick, defenseman Drew Doughty and center Anze Kopitar should make a world of difference.

No. 12

Flames (45-30-7)

Going into last season, nobody picked the Flames to make the playoffs. However, this inexperienced team arrived ahead of schedule and even knocked off eternally fraudulent Vancouvér in the first round before losing to Anaheim in five games. The good times should continue.

No. 13

Winas (43-25-14)

The Red Wings were underrated last season as they pushed Tampa Bay to seven games. When goaltender Jimmy Howard struggled, rookie Petr Mrazek came in and played great. Who knows how that'll be sorted out this year?

No. 14

Senators (43-26-13)

Goaltender Andrew Hammond is out for the first few weeks with a groin injury but veteran Craig Anderson is solid. Defenseman Erik Karlsson's position is a misnomer but he is undoubtedly one of the most exciting players in the league.

No. 15

Penguins (43-27-12)



The words "Phil Kessel" and "sexy" are rarely found in the same sentence but the Penguins certainly made a splash by acquiring him over the summer. Along with Sidney Crosby and Evgeni Malkin, Pittsburgh's possible power play groups sound simply amazing.

Jets (43-26-13



I wouldn't say this for most clubs, but just getting into the playoffs was a major accomplishment for Winnipeg. The Jets' next step is to win some games in the postseason. Defenseman Dustin Byfuglien remains a total game-changer.

No. 17

Panthers (38-29-15)



They didn't make the playoffs last season but everyone could see the progress Florida made. They have an appealing mix of young (Nick Bjugstad and Jonathan Huberdeau) and old (Jaromir Jagr and Brian Campbell).

Best of the rest

18. Bruins

The B's have a new GM and new faces in Matt Beleskey and Jimmy Hayes.

19. Oilers

The Oilers have been a joke for a decade but with another heavily hyped No. 1 pick in Connor Mc-David, they are due to be good again at some point, right?

20. Sabres

Like the Oilers, Buffalo has been a disgrace for awhile now. But No. 2 draft pick Jack Eichel is the real deal. It'll take more than one player to turn it around, though.

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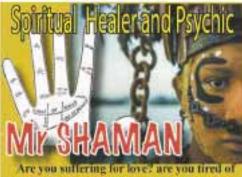
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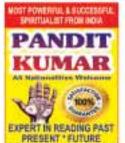












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